

Full Report (All Nutrients) 01086, Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)

Report Date: December 05, 2015 18:14 EST

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products**Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor: 4.27 Nitrogen to Protein Conversion Factor: 6.38**

Nutrient	Unit	1 Value Per 100 g	Data points	Std. Error	1 cup 245g	1 fl oz 30.6g	1 quart 980g
Proximates							
Water	g	90.38	--	--	221.43	27.66	885.72
Energy	kcal	37	--	--	91	11	363
Energy	kJ	154	--	--	377	47	1509
Protein	g	3.57	56	0.030	8.75	1.09	34.99
Total lipid (fat)	g	0.25	296	0.011	0.61	0.08	2.45
Ash	g	0.78	--	--	1.91	0.24	7.64
Carbohydrate, by difference	g	5.02	--	--	12.30	1.54	49.20
Fiber, total dietary	g	0.0	--	--	0.0	0.0	0.0
Sugars, total	g	5.02	--	--	12.30	1.54	49.20
Minerals							
Calcium, Ca	mg	129	--	--	316	39	1264
Iron, Fe	mg	0.05	--	--	0.12	0.02	0.49
Magnesium, Mg	mg	15	--	--	37	5	147
Phosphorus, P	mg	104	--	--	255	32	1019
Potassium, K	mg	171	--	--	419	52	1676
Sodium, Na	mg	53	--	--	130	16	519
Zinc, Zn	mg	0.41	--	--	1.00	0.13	4.02
Copper, Cu	mg	0.011	--	--	0.027	0.003	0.108
Manganese, Mn	mg	0.002	--	--	0.005	0.001	0.020
Selenium, Se	µg	2.2	--	--	5.4	0.7	21.6
Vitamins							
Vitamin C, total ascorbic acid	mg	1.0	--	--	2.4	0.3	9.8
Thiamin	mg	0.041	--	--	0.100	0.013	0.402

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 245g	1 fl oz 30.6g	1 quart 980g
Riboflavin	mg	0.175	--	--	0.429	0.054	1.715
Niacin	mg	0.091	--	--	0.223	0.028	0.892
Pantothenic acid	mg	0.339	--	--	0.831	0.104	3.322
Vitamin B-6	mg	0.046	--	--	0.113	0.014	0.451
Folate, total	µg	5	--	--	12	2	49
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	5	--	--	12	2	49
Folate, DFE	µg	5	--	--	12	2	49
Choline, total	mg	16.0	--	--	39.2	4.9	156.8
Vitamin B-12	µg	0.39	--	--	0.96	0.12	3.82
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	64	--	--	157	20	627
Retinol	µg	64	--	--	157	20	627
Carotene, beta	µg	0	--	--	0	0	0
Carotene, alpha	µg	0	--	--	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0
Vitamin A, IU	IU	214	--	--	524	65	2097
Lycopene	µg	0	--	--	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.01	--	--	0.02	0.00	0.10
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	1.2	--	--	2.9	0.4	11.8
Vitamin D3 (cholecalciferol)	µg	1.2	--	--	2.9	0.4	11.8
Vitamin D	IU	49	--	--	120	15	480
Vitamin K (phylloquinone)	µg	0.0	--	--	0.0	0.0	0.0
Lipids							
Fatty acids, total saturated	g	0.162	--	--	0.397	0.050	1.588
4:0	g	0.013	8	0.001	0.032	0.004	0.127
6:0	g	0.002	12	0.000	0.005	0.001	0.020
8:0	g	0.003	12	0.000	0.007	0.001	0.029
10:0	g	0.005	12	0.001	0.012	0.002	0.049
12:0	g	0.003	12	0.000	0.007	0.001	0.029
14:0	g	0.024	12	0.001	0.059	0.007	0.235

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 245g	1 fl oz 30.6g	1 quart 980g
16:0	g	0.073	12	0.004	0.179	0.022	0.715
18:0	g	0.026	12	0.001	0.064	0.008	0.255
Fatty acids, total monounsaturated	g	0.065	--	--	0.159	0.020	0.637
16:1 undifferentiated	g	0.009	12	0.001	0.022	0.003	0.088
18:1 undifferentiated	g	0.053	12	0.003	0.130	0.016	0.519
20:1	g	0.000	--	--	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.009	--	--	0.022	0.003	0.088
18:2 undifferentiated	g	0.006	12	0.000	0.015	0.002	0.059
18:3 undifferentiated	g	0.003	11	0.000	0.007	0.001	0.029
18:4	g	0.000	--	--	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000
Cholesterol	mg	2	--	--	5	1	20
Amino Acids							
Tryptophan	g	0.050	--	--	0.122	0.015	0.490
Threonine	g	0.161	--	--	0.394	0.049	1.578
Isoleucine	g	0.216	--	--	0.529	0.066	2.117
Leucine	g	0.350	--	--	0.858	0.107	3.430
Lysine	g	0.283	--	--	0.693	0.087	2.773
Methionine	g	0.090	--	--	0.220	0.028	0.882
Cystine	g	0.033	--	--	0.081	0.010	0.323
Phenylalanine	g	0.172	--	--	0.421	0.053	1.686
Tyrosine	g	0.172	--	--	0.421	0.053	1.686
Valine	g	0.239	--	--	0.586	0.073	2.342
Arginine	g	0.129	--	--	0.316	0.039	1.264
Histidine	g	0.097	--	--	0.238	0.030	0.951
Alanine	g	0.123	--	--	0.301	0.038	1.205
Aspartic acid	g	0.271	--	--	0.664	0.083	2.656
Glutamic acid	g	0.748	--	--	1.833	0.229	7.330
Glycine	g	0.076	--	--	0.186	0.023	0.745

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 245g	1 fl oz 30.6g	1 quart 980g
Proline	g	0.346	--	--	0.848	0.106	3.391
Serine	g	0.194	--	--	0.475	0.059	1.901
Other							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0